



Upland Recreation & Community Services Division

Week of September 7, 2020

# A Helpful Handbook

- A List of Helpful Phone Numbers
- Encouraging Words
- Resources & A Word Search Puzzle
- From Us To You, To Help You Get Through These Unsettled Times



**The Gibson Senior Center Staff**  
would like to express that you are all in our thoughts,  
and even though our senior center is closed to the public,  
the staff is still here working Monday - Friday, 8:30 a.m. to 5:00 p.m.  
to take your calls and answer any questions or concerns you may have.

George M. Gibson Senior Center  
250 N. 3rd Avenue  
Upland, Ca 91786  
(909) 981-4501

**Hello To Our Seniors!**  
**Hope everyone is doing well!**

**September is National Preparedness Month,  
and in the next couple of issues for this month,  
we will be offering simple ways on how you can  
be prepared in case of an emergency.**

#### EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED



For more information, please visit [www.ready.gov/september](http://www.ready.gov/september)



## September Is National Preparedness Month

It is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved this September.

Here are ways you can prepare.

1. Get Informed
2. Plan Ahead
3. Make a Kit, For You & Your Pet





### **1. Get Informed**

Know what disasters could affect your area, which could call for an evacuation and when to shelter in place. Know where your local shelters are. Keep a radio tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.

### **2. Make a Plan**

Determine any special assistance you may need and include in your emergency plan. Create a support network of family, friends, and others who can assist you during an emergency and share and practice your disaster plans with them.

Make sure that someone has an extra key to your home, and know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine. If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.

### **3. Make A Kit**

Gather supplies that will last for several days after a disaster for everyone living in your household, including your pets.

Be sure to include any special needs they may require.

**For more information, please visit [www.ready.gov/september](http://www.ready.gov/september)**



# Preparing Your Pets For Emergencies

Just as you do with your own planning, don't forget about your pets and what they may need when preparing your emergency preparedness kit.

## Food:

Keep at least three days of food in an airtight, waterproof container.

## Water:

Store at least three days of water specifically for your pets.



## Medicines & Medical Records:

Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.



## Collar with ID Tag, harness or leash:

Include a backup leash, collar and ID tag in your pet's emergency supply kit.

## Crate or Other Pet Carrier:

If you need to evacuate in an emergency situation take your pets with you, provided that it is practical to do so. Make prior arrangements to have a trusted friend or family member to take care of your pets if needed.

## Familiar Items:

Put favorite toys, treats, bedding & puppy pads, etc. in your pets kit. Familiar items can help reduce stress for your pet.

## Important Documents:

Place copies of your pets registration information, adoption papers, vaccination documents and medical records in a waterproof container and also add them to your own kit.



For more information,  
please visit [www.ready.gov/seniors](http://www.ready.gov/seniors)





**Upland Recreation & Community Services**

# **Happy Grandparents Day!**



**In Observance of Grandparents Day This Month,  
The Gibson Senior Center Would Like To Honor You By  
Treating You To An Ice Cream Cup! Just Stop By  
The Senior Center on Wednesday, September 16th,  
Between 10:00 a.m. - 12:00 p.m.  
To Pick Up Your Free Ice Cream Cup!...No Reservations Needed.**



**George M. Gibson Senior Center, 250 N. 3rd Avenue, Upland, Ca, 91786  
(909) 981-4501**

# Helpful Numbers

## Food Assistance

**CalFresh... (909) 912-6118 [www.211sb.org](http://www.211sb.org)**  
A Supplemental Food Assistance Program.

**Community Action Partnership.... (800) 635-4618 [www.capsbc.org](http://www.capsbc.org)**  
Offers Food Pantry County Wide As Well As Other Human Services

**Feeding America Food Pantry.... (951) 359-4757 [www.feedingamericaie.org](http://www.feedingamericaie.org)**  
County Food Pantry

**FSA (Family Service Association).... (951) 342-3057 [www.fsaca.org](http://www.fsaca.org)**  
Senior Nutrition Program

## Housing Issues

**Inland Fair Housing & Mediation Board... (800) 321-0911 [www.ifhmb.com](http://www.ifhmb.com)**  
A HUD Approved Counseling Agency

## Senior Human Services

**Department of Aging & Adult Services.... (909) 891-3900**  
**[www.hss.sbcounty.gov/daas](http://www.hss.sbcounty.gov/daas)**  
Area Agency on Aging

**San Bernardino County Resources.... 211 or 1-888 435-7565 [www.211sb.org](http://www.211sb.org)**  
Provides Elder Assistance, Food, Clothing, Crisis Services

## Senior Resources

**Aging Next.... (909) 621-9900 [www.agingnext.org](http://www.agingnext.org)**  
Provides Senior Resources.

## Senior Support

Alzheimer's Association of Greater Los Angeles... (844) 435-7259

[www.alzheimersla.org](http://www.alzheimersla.org)

Provides support & services for those with Dementia & Alzheimer's Issues.

Inland Caregiver Resource Center.... (800) 675-6694 [www.inlandcaregivers.org](http://www.inlandcaregivers.org)

Provides Support & Respite for Caregivers

West End Family Counseling.... (909) 983-2020 [www.wefcs.org](http://www.wefcs.org)

Provides Senior Counseling.

## Taxes

AARP Tax Aid Program... (605) 549-5168

Answers questions for those who have already filed taxes this year.

## Transportation

ACCESS "Curb To Curb" OmniTrans.... (909) 379-7160 [www.omnitrans.org](http://www.omnitrans.org)

Door To Door Shuttle Services. Eligibility & Application Process.

## City Offices

George M. Gibson Senior Center..... (909) 981-4501

Community Senior Center Offering Various Programs, Activities & Services

Upland City Hall.... (909) 931-4100

Upland Fire Department.... (909) 356-3805

Upland Police Department (Non-Emergency)..... (909) 946-7624

For Life Threatening Emergencies.... 911

Upland Public Works ... (909) 291-2930

Upland Recreation Department... (909) 931-4280

[www.uplandca.gov](http://www.uplandca.gov)



**Local Grocery Stores  
That Have Adjusted Their Hours For  
Seniors 65 Years or Older**

**Smart & Final**

(909) 981-0250

Mountain Ave & Foothill, Upland

Opens at 7:30 a.m. For Senior Shopping

**Stater Bros. Market**

(909) 982-3514

Foothill Blvd & Mountain Ave, Upland

Opens at 7:45 a.m. For Senior Shopping

**Stater Bros. Market**

(909) 981-3237

Mountain Ave & 16th Street, Upland

Opens at 7:45 a.m. For Senior Shopping

**Walmart Neighborhood Market**

(909) 942-4931

Foothill Ave & Grove Ave, Upland

Opens Every Tuesday 6:00 a.m. - 7:00 a.m. For Senior Shopping

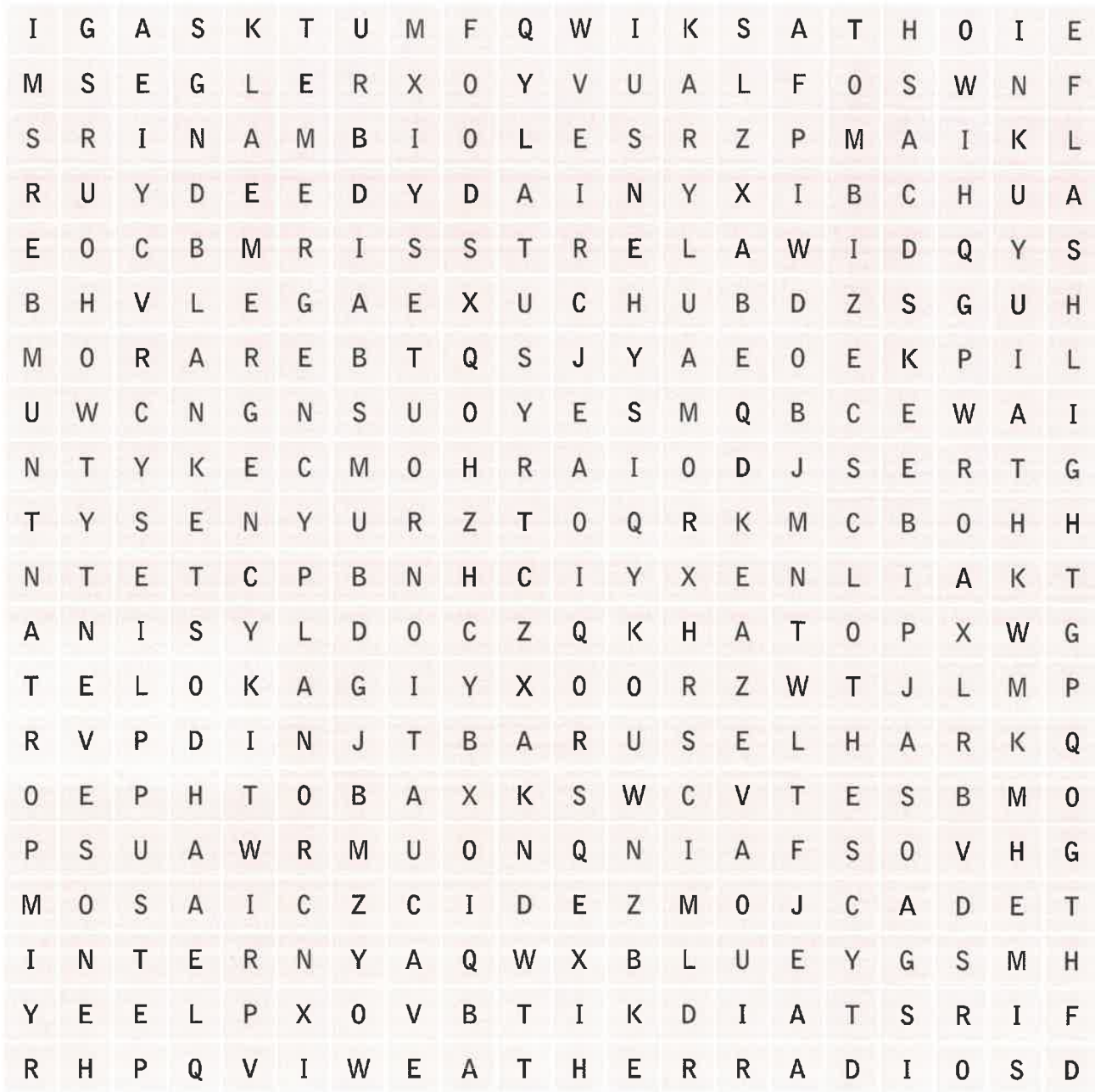
**Whole Foods**

(909) 579-2670

Baseline Rd & Monte Vista Ave, Upland

Opens 7:00 a.m. - 8:00 a.m. For Senior Shopping

## Hands-On Activity: Preparedness Word Search



Alerts  
Batteries  
Blankets  
Cash  
Clothes

Disaster Kit  
Emergency Plan  
Evacuation Routes  
First Aid Kit  
Flashlight

Food  
Generator  
Important Numbers  
Insurance  
Medicine

Pet Supplies  
Seventy-Two Hours  
Three Days  
Water  
Weather Radios